

GENERAL PEDIATRIC CLINIC / 4 MONTH VISIT

(See 2nd page for Anticipatory Guidance for 4 months)

Completion of this form is voluntary.

Patient Name	Date of Birth	Age	Height	Weight	Today's Date
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Accompanied by	Head Circumference
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Parental Concerns															
Feeding: Breast _____ x/day, _____ hours Formula: Type _____ () _____ x/day Amount / Feeding _____ oz. Water _____ x/day Solids _____															
Sleeping															
Skin															
Stool Pattern															
Reaction to Previous Immunization															
Current Living Situation															
Parents' Description of Baby's Temperament															
Problems Identified and Received															
Physical and Emotional Status															
Diet: Change in Stool with Diet, Scheduling to Fit Family Schedule Additions _____															
Anticipatory Guidance: Drooling, Chewing, Teething, Pacifier. Colds and Fever Review Sibling Rivalry. Vocal Stimulation Safety: Need for Safe Place to Leave Baby, Toys, Aspiration of Foreign Objects. Home Water Temp.															
<table border="1"> <tr> <th>Immunization</th> <th>Drug Co. & Lot No.</th> <th>Expiration Date</th> </tr> <tr> <td>DTaP</td> <td></td> <td></td> </tr> <tr> <td>Hib</td> <td></td> <td></td> </tr> <tr> <td>IPV</td> <td></td> <td></td> </tr> <tr> <td>PCV</td> <td></td> <td></td> </tr> </table>	Immunization	Drug Co. & Lot No.	Expiration Date	DTaP			Hib			IPV			PCV		
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Hib															
IPV															
PCV															

Alertness																																																					
Activity																																																					
Response to Examiner																																																					
Note – Present (+) or Absent (-) as Appropriate (Cross off parts not examined or not applicable)																																																					
Part	N	Abn																																																			
Skin: Color, texture																																																					
Head: AP size _____ / cms _____																																																					
Eyes: Cover test, lids, pupils, conjunctivae, red reflex fundi																																																					
Ears: Canals, tympanic membranes, localization of sound																																																					
Nose & Mouth & Throat: Gums, buccal mucosa, tongue																																																					
Neck & Chest: Trachea, thyroid, cervical nodes																																																					
Heart and Lungs																																																					
Abdomen: Size, liver, spleen, kidneys																																																					
Extremities: Hips – abduction _____ click () Tibial malleolar positions _____ feet _____																																																					
Genitourinary: Penis, meatus, foreskin retraction, testes, vaginal orifice, inguinal nodes, inguinal hernia ()																																																					
Neuromuscular: Tone, posture, head control, motor strength, C2-12, reflexes, moro () placing () palmar grasp () plantar grasp () tonic neck () babinski () DTRs																																																					
Describe abnormal findings.																																																					
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Parent's Interactions with Baby NO* = Not observed here O. = Observed M = Mother F = Father																																																					
		Touches baby																																																			
		Scolds crying baby																																																			
		Calmly holds to quiet baby																																																			
		Spontaneously identifies baby's positive qualities																																																			
		Watches baby's action during visit																																																			
		Responds to baby's voice with vocal response																																																			
Other observations																																																					
Development and Parent-Child Interaction																																																					

SIGNATURE – Provider

Date Signed

Return to clinic in _____ months.

Diet

Plan adding only one new food per week. It is okay to let the parents choose what to add but still keep away from allergenic foods. With addition of solids, stools will become more firm. Add juices and fruits p.r.n. (see 6-8 week visit).

Anticipatory Guidance

Teething, discuss the timing of first teeth (5-9 months), the wide range of normality, the normal sequence of teeth eruption and again great variation in this sequence, gums do most of the chewing so the baby does not need teeth to eat solids.

Drooling, increased mucus, irritability, need to chew, possibly loose stools may all be related to teething. Most babies do not have fever, runny nose or overt diarrhea. Drooling is also due to increased saliva at this age. Chewing is partially from teething but also from the development of "hand-mouth" reflex. A cool pacifier gives comfort to the swollen gums. Use solid teething ring kept cool in the refrigerator. Do not use a ring with liquid inside.

Colds – see handout. Discuss decreased maternal protection by 6 months. More exposure to people and so babies are more apt to get viruses. Diseases may last 7-14 days and the baby can get a new "cold" every two weeks or so.

Fever review – see "6-8 week visit"

Sibling Rivalry

The baby is now very responsive to everyone and gets a lot more attention from father and visitors. Sibs close in age may show more signs of sibling rivalry now. May revert to more immature behaviors.

Vocal Stimulation – The parents should respond to baby's "noises" with speech.

Safety

Use the playpen as a safe place to leave the baby. This is especially needed when there are older sibs running around. The use of the playpen at this time will get the child used to his own "safe territory". As the baby becomes more mobile, the playpen can prevent accidents from occurring when the baby is left alone for a few minutes while the parent goes to the bathroom, answers the phone, goes to the front door, etc. When using infant seats, they should always be placed on the floor. Toys should be large, colorful and washable. The prevention of aspiration of objects should be gone over by reminding parents to always close safety pins and not leave small toys or hard food near the baby.

Home water temperature should be turned to below 120° now.